

Off- Season Phase 3

Day 1

A1 Back Split Squat

Week	Sets	Reps
1	5	8/side
2	5	6/side
3	5	6/side
4	5	3/side

Set 1	Set 2	Set 3	Set 4	Set 5

A2 Bodyweight Lateral Squat

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

B1 Single Leg Hip Thruster

Week	Sets	Reps
1	3	8
2	3	12
3	3	15
4	3	20

Set 1	Set 2	Set 3

B2 Bodyweight Posterior Lateral Lunge

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

B3 1/2 Kneeling Cable Lift

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C 2 KB Swing

Week	Sets	Reps
1	5	10
2	5	15
3	5	15
4	5	20

Set 1	Set 2	Set 3	Set 4	Set 5

Off- Season Phase 3

Day 2

A1 Chin-up (use external weight if you can)

Week	Sets	Reps
1	5	3
2	5	5
3	5	5
4	1	Max BW

Set 1	Set 2	Set 3	Set 4	Set 5

A2 Starfish Side Plank

Week	Sets	Reps
1	3	20-60s/side
2	3	20-60s/side
3	3	20-60s/side
4	3	20-60s/side

Set 1	Set 2	Set 3

B1 Knee Supported 3 Point Row

Week	Sets	Reps
1	4	8/side
2	4	8/side
3	4	6/side
4	4	6/side

Set 1	Set 2	Set 3	Set 4

B2 Lateral Moving Push-up

Week	Sets	Reps
1	3	max
2	3	max
3	3	max
4	3	max

Set 1	Set 2	Set 3

C1 Walking Lunges with Overhead Reach

Week	Sets	Reps
1	3	30s/side
2	3	30s/side
3	3	30s/side
4	3	30s/side

Set 1	Set 2	Set 3

C2 Plank on Physioball Circles

Week	Sets	Reps
1	3	10 CCW/CW
2	3	10 CCW/CW
3	3	10 CCW/CW
4	3	10 CCW/CW

Set 1	Set 2	Set 3

Off- Season Phase 3
Day 3

	Week 1	Week 2	Week 3	Week 4
A Split Stance OH Flexion Throw	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6
	Strong Side 2x6	Strong Side 2x6	Strong Side 3x6	Strong Side 4x6
B Rotating Chest Pass	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6
	Strong Side 2x6	Strong Side 2x6	Strong Side 3x6	Strong Side 4x6
C Crowhop Rotating Chest Pass	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6
	Strong Side 2x6	Strong Side 2x6	Strong Side 3x6	Strong Side 4x6

Off- Season Phase 3

Day 4

A1 Conventional Deadlift

Week	Sets	Reps
1	5	5
2	5	5
3	5	5
4	5	5

Set 1	Set 2	Set 3	Set 4	Set 5

A2 DB Reverse Lunge

Week	Sets	Reps
1	3	8/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

B1 Single Leg Squat to box

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3

B2 Physioball Eccentric Leg Curl

Week	Sets	Reps
1	3	10
2	3	12
3	3	15
4	3	20

Set 1	Set 2	Set 3

C Sled Push (10-20 yards)

Week	Sets	Reps
1	5	
2	5	
3	5	
4	5	

Set 1	Set 2	Set 3	Set 4	Set 5

Off- Season Phase 3

Day 5

A1 Alt. Incline DB Bench

Week	Sets	Reps
1	4	8
2	5	6
3	4	3
4	5	10

Set 1	Set 2	Set 3	Set 4	Set 5

A2 Yoga Push-up

Week	Sets	Reps
1	3	6
2	3	8
3	3	10
4	3	12

Set 1	Set 2	Set 3

B1 TRX Inverted Row

Week	Sets	Reps
1	6	10
2	6	10
3	6	10
4	6	10

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2 Side Lying External Rotation

Week	Sets	Reps
1	3	6/side
2	3	6/side
3	3	6/side
4	3	6/side

Set 1	Set 2	Set 3

C1 Push-up Overhead Reach with Slider

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C2 Incline Bench Y's

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3